

Ben Hofer, a center mid-fielder with Patrol Squadron 47, gains possession of the ball during a intramural soccer game at Pop Warner field Monday night. VP-47 won the game against Marine Aviation Logistics Squadron 24, 1-0.

Patience, skill equals win

VP-47 conquers
MALS-24, 1-0

Story and photo by
Cpl. Colby Brown
Press Chief

An early lead lasted the whole night for Patrol Squadron 47, who never waived during a full 60 minutes of play and walked away with a victory against Marine Aviation Logistics Squadron 24, 1-0 Monday night during an intramural soccer game at Pop Warner Field.

“It was a high paced game,” said Elliott Gibbs, a mid-fielder with MALS-24. “We just couldn’t put shots on target. There were a lot of good runs and the defense played really well but we just couldn’t put the ball on target.”

VP-47 beat MALS-24 down the field early in the first half, but couldn’t hit the target against an unbalanced defender to offensive player ratio. VP-47 rebounded and sent the ball back to mid-field. An unexpected long shot bulleted from the perimeter of the center circle and bent its way into the high left corner, for the only point during this game.

Starting off slow, MALS-24 picked up the pace immediately after being scored upon. Multiple fast breaks almost evened the score, but no such relief came. The rest of the first half was spent around the middle of the field.

“They are a quick team,” Gibbs said. “They are bigger and faster, it was hard to keep up.”

The second half was uneventful according to the scoreboard, but the reality was different. Little time was spent static as a fierce battle raged on the field for ball possession. Injuries were unfortunately the only breaks in the action, which was a mix between crosses, attempted headers and multiple shots at goal for each team.

“Their guys were really fast and in shape,” said Ben Hofer, a center mid-fielder for VP-47. “They were always pressuring us near the goal so that caused problems for us.”

With only a few minutes left the posture of both teams changed. VP-47 was unlucky enough to draw a double header on their schedule and changed their focus toward saving their energy for their second game. MALS-24 were the exact opposite, fighting for a chance to tie the game and finish off VP-47 in overtime. This maelstrom of competitive ambition created an exciting last effort, with MALS-24 leading the charge.

The last attack of MALS-24 kept the ball near VP-47’s goal, but the clearing efforts of VP-47’s defenders made it impossible for MALS-24 to score.

MALS-24 has a mix of old and new players who make up this 3-4-1 team. Their playoff hopes depend on their ability to communicate according to some of their players.

See **SOC CER, B-4**

Sail away with me:

Navigate Summer Sailing Camp

Christine Cabalo
Photojournalist

With the wind in their sails, young sailors are steering ahead in Summer Sailing Camp at Marine Corps Base Hawaii running through July. The course is two weeks of instruction, and the classes

meet for three hours each weekday for students 8 to 18. Held at the Base Marina, the lessons are available in the mornings and evenings in either beginning or intermediate levels.

“Sailing is great for children to learn because it teaches confidence and self-reliance,” said Ken Bwy, the camp’s lead instructor. “They learn independence and what they need to do to make their own decisions.”

Bwy and marina staff lead each group with classroom instruction and practical time spent on the water. Before

sailing in each class, the children practice properly rigging a topper dinghy they’ll use for the day. Ed Matthews, sailing instructor, is also on hand to help guide the young skippers in their technique.

“In the beginner classes for the first week we introduce them to the parts of the sailboat,” Bwy said. “They learn each part’s name, practice getting in the boat and sailing with a partner. In the second week, they learn solo sailing skills.”

In addition to sailing around buoys near the marina, the children also make supervised

trips out to Coconut Island and other areas easily accessed by sailboat. Bella Angulo, a 9-year-old intermediate sailing student, said she’s kept up with sailing because it’s fun to make those trips.

“It’s fun learning to sail because you can just sail to the beach and explore the area,” she said. “You see the rocks and animals you might not get to see.”

Enjoying summer lessons for more than four years, Cascade Jackson said she has fun spending time with

See **SAIL, B-4**



Students in the Summer Sailing Camp practice partner sailing near in Kaneohe Bay near the Base Marina, Wednesday. The camp is a two-week session, and the marina offers classes to both beginners and intermediate students.



Cpl. Colby Brown vs. Sgt. Skyler Tooker

VS is a recurring column tackling debatable issues in the sports and entertainment world. Hawaii Marine readers can submit a subject for future columns by e-mailing their ideas to HawaiiMarineEditor@gmail.com. If there's a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your "opinion," regardless of how wrong it is, featured below. Suit up, ladies ... it's game time.

Does a championship justify Lebron leaving the Cavilers?

BROWN: Lebron James is the best there ever was, or at least he was before he left the Cleveland Cavaliers. In Ohio, he had free range to do anything he wanted. He never had to share the ball and he could just get all the points needed to win. It was the Lebron show and everyone liked to watch. His success rate wasn't exactly high but it was entertaining. Then Lebron gets all uppity and decides to leave for bigger and better things. But guess what, Cleveland doesn't need rings to feel fulfilled.

TOOKER: Lebron James had no future in Cleveland, because they couldn't afford anybody else to help him win a championship there. Yeah sure being the star player is awesome and having a whole team and city worship you but that will only last for so long before you want to win a ring. Do you make your career decisions based on what other people think you should do or what you think is in your best interest? Don't answer that because I already know what you would say. Clearly he made the right decision as he is one Championship richer since leaving the Cavaliers.

BROWN: Lebron maybe one championship richer, but he lost a family when he left Cleveland. Not just his basketball family, but his fantasy family of dwarves, elves and wizards, who still reside in Ohio. He could have created a dynasty that would have been legendary not only in the realm of basketball but it would have been comparable to Alexander the Great or Julius Caesar. He could have embedded his wizard friend to make a potion that would have made him duplicate into 11 different players, making up a team of only Lebrons. But no, all he wants is a stupid ring, which isn't even that cool considering Frodo has the one ring to rule them all.

TOOKER: Well obviously somebody didn't watch the last "Lord of the

Rings" because if he did, then he would know Frodo destroyed the ring because he knew once Lebron went to the Miami that Lebron's future championship ring would have been the one ring to rule them all. Frodo couldn't handle this so he destroyed his stupid precious ring, and now is on the hunt to steal Lebron's ring. And for the fantasy family I am pretty sure you just made that part up. Besides he has a better family in Miami, a family that wins championships. P.S. Frodo has no chance at taking on Lebron. Frodo is like three feet a couple of inches tall and Lebron is six feet, eight inches tall. Frodo better make sure he doesn't get stepped on when playing with the big boys.

BROWN: These games have been fun, but let's analyze this seriously. There is a word I want to go over with everyone, and its spelled commitment. We all know that wherever Lebron goes he will have a championship team, Lebron is the championship team. So why does he have to leave? Because he is afraid of commitment, he is afraid to stay with something and actually try to make something out of nothing. He isn't the type of person who works for something, because if it gets too tough he will just leave and join something that is already successful. He is just a stereotypical professional athlete, no backbone and not loyalty. The only thing Lebron cares about is himself. Ask the shire dwellers and spellcasters he left behind in Ohio.

TOOKER: If you would like to talk about commitment then you will have to go over that word with everyone in the world. We are singling out one person because he opted to move to a new team he doesn't have to carry to the playoffs each year. Yes you are right I wish we could talk about the word commitment but the fact of the matter is that we are in the real world not the magical land of elves,



BROWN



TOOKER

hobbits and wizards. And the real world says you have to look out for your own well-being. Lebron took care of business and now everyone wants to call him a bad person for, what you call abandoning the city of Cleveland, and what I call doing the right thing. I think we should turn the tables and call Cleveland a bad city for not supporting Lebron by either getting a few more supporting players to give them a shot at a championship, or by supporting his decision to leave and go somewhere that can do that for him.

BROWN: You still have one thing mixed up, Lebron left Cleveland, Cleveland didn't leave Lebron. It's his fault Ohio is seceding from the United States. The whole state is so depressed that they no longer want anything to do with what Lebron has to do with. And since Lebron is essentially a super hero and has to do with every single day-to-day task in America, Ohio was forced to become its own country.

You're right in saying that looking out for yourself is important. But when the whole population of Ohio is depending on you, and you just up and leave — that's just selfish and irresponsible. With great power comes great responsibility, and when it comes to Lebron I don't think he quite understands that yet. It boils down to this; you join a team to play as a team, to progress as a team and to win as a team. Lebron isn't a team player, if he was he would have stayed with the Cavs. That's what Kareem, Michael and Kobe did.

Anyone who still thinks Lebron made the right decision doesn't understand organized team sports. And more importantly doesn't understand the importance of team experience when playing basketball. Lebron will never be a memorable basketball player; he will only be remembered for bouncing from one city to the next in a chase for the elusive championship ring.

TOOKER:I don't think you understand how the National Basketball League works. Players get traded from city to city and alliances are made and broken, but that is how the game works. Look at the Celtics who own the most titles in NBA history, they built a championship caliber team by taking players from other teams. What you are saying is once a player plays for a city that is it and he shall never play for another city? Get real. If that where the case the NBA still be in a lockout and players would quit due to cities not making them happy (i.e. Cleveland and Lebron).

Your argument falls short because you pick out a few great players that teams were built around and Cleveland could have done that with Lebron but instead they were cheap and they lost the best thing to ever happen to Cleveland. You have it all wrong Lebron didn't let Cleveland down, Cleveland let Lebron down and I am not sure if anyone would care if the state of Ohio seceded from the United States. Yes Lebron is a super hero, and yes with great power comes great responsibility but if the people you are protecting don't give two craps about you then it's time to go fight for someone who does like Miami.

Yes, winning a championship ring isn't everything, there is also the love of the game and the bonds and brotherhoods forged throughout the years of playing not only with your own team but the other players in the league who challenge you every game you play against them to become the best. But when your give everything you have as Lebron did for years in Cleveland and they never repay you with anything, than it is time to find a new family that will help you achieve your goals. By the way, winning a championship ring is the greatest thing you can do in the NBA and Lebron will be remembered for as long as the NBA is around for being one of the greats.

SPOTLIGHT ON SPORTS

Tin Man Triathlon seeks help

The Tin Man Triathlon needs volunteers for July 29:

Run Course Marshals

These volunteers will check in for their assignments by 5:45 a.m. on July 29. T-shirts, vests and arrows will be furnished. Please meet by the hula girl statue in the parking lot on Montsarrat Avenue (Kapiolani Park). After the assignment, please return the vests and arrows to coordinator at the bike corral.

Bike/Run Transition Corral

These volunteers will check in for their assignment by 5:30 a.m. on July 29 and all will be furnished with a T-shirt. This job is mostly for high school and college students. Each school or group should provide 10-15 volunteers and will get credit for approximately four hours of community service. Meet at the hula girl statue.

Setup and Breakdown

This job is for mostly "hefty" males and females and requires much manual labor. It will require approximately four hours of community service on each day (July 28, 8:30 a.m. to 12:30 pm – July 29, 10 a.m. to 2 p.m.).

Equipment Crew

Approximately 10-15 volunteers are needed to break down the bike corral, move items to designated curbside pickup points and load medical, banners, water bottles, tents, etc. into Bike Shop vans and returning all that equipment on July 29 after the race to the Bike Shop, unloading and storing all items until the next event. It will require approximately four hours of community service from 10 a.m. to 2 p.m. on July 29.

Volunteers are also needed for two more aid (water) stations; help on July 28 for the swim setup, setting up the bike corral on July 28, take down the

corral on July 29 and help taking supplies back to the Bike Shop after the race.

We would appreciate your commitment and support. Please provide names and T-shirt sizes by June 29. If a parking pass is required, please let Joan Davis know by July 12.

Call Davis at 535-9070 or email jrd-va4vp@hotmail.com.

Keiki Water Safety Camp

Children ages 9 to 12 will learn the basics of lifeguarding rescue techniques, wave riding skills and underwater reef exploration. Those who sign up must be able to swim 250 meters non-stop in any stroke, swim 10 meters underwater and perform a crawl, side or breast stroke. Sessions run on weekdays from 9 a.m. to noon during the following dates: June 25-29 and July 16-20. There is a fee. For details, call 254-7655.

101 Days of Summer Events

July 4 Runway 5K Run, 7 a.m.
July 6-15 Basketball Tourney (weeknights), 6 to 10 p.m. Basketball Tourney (Saturdays), 8 a.m. to 8 p.m.
July 20 Shank and Slice Golf Tournament, 12:30 p.m.
July 28 Camp Smith Grueler 5K, 7 a.m.
July 31- Aug. 3 6-Man Flag Football Tourney, 5 to 10 p.m.
July 31- Aug. 3 6-Man Flag Football Tourney, 5 to 10 p.m.
Aug. 4 6-Man Flag Football, 8 a.m.
Aug. 6-17 8-Aside Soccer, 5 to 10 p.m.
Aug. 12 Tradewind Triathlon, 6:30 a.m.
Aug. 15 Field Meet/Unit Challenge, 8 a.m. to noon
Aug. 20-29 Softball Tourney, 8 a.m. to 8 p.m.
Aug. 29 Nuupia Ponds Fun Run/Walk, 7 a.m.

For details, call 254-7636 or visit <http://www.mccshawaii.com/101Days.shtml>.



Adam Hudson, MALS-24 Black Knights’ pitcher, hits a ball to right field during a playoff intramural softball game against team Coulson at Risley Field, Monday. Black Knights defeated Coulson 19-13. “I was worried when we lost to this team the last time we played them during the regular season,” said Darrian Krampert, Black Knights’ left center field. “But it was a good game and a good challenge to play hard and come with a win.”

Black Knights barely achieve victory over Coulson, 19-13

**Story and photos by
Lance Cpl. James A. Sauter**
Combat Correspondent

Marine Aviation Logistics Squadron 24 Black Knights nearly lost their first playoff game to team Coulson after a dramatic comeback in the fifth inning of an intramural softball game that ended 19-13, Monday.

During the top of the fifth inning, Coulson held the lead 12 to 11. According to intramural softball game rules, a game will automatically end after 50 minutes of play. With ten minutes left in the game, the Black Knights tied the game and drove in seven more runs. Going into the bottom of the inning with a strong lead and barely any time left for Coulson to catch up who scored one more run and the game ended 19-13.

“I was worried when we lost to this team the last time we played them during the regular season,” said Darrian Krampert, Black Knights’ left center field. “But it was a good game and a good challenge to play hard and come out with a win.”

Coulson was barely ahead of the Black Knights 12-11 in the bottom of the fourth inning. A Coulson player hit the ball to center field that looked like it was going out of the park. The ball fell short of the fence and Krampert leapt to catch it, denying Coulson their last chance to hold on to their lead.

“Making that catch was a very good feeling,” Krampert said. “I haven’t been hitting that well but I felt good that I did something that contributed to our win here.”

The championship game of the league will be held during the first week of July.



A team Coulson player makes contact with my ball during a playoff intramural softball game against MALS-24 Black Knights at Risley Field, Monday.

Too Busy? 10 Ways to Work Exercise into Your Life

Shari Lopatin and Meghean Cook
TriWest Healthcare Alliance

- Between your job, your kids, and maybe even your deployed spouse, you often wonder how you can exercise more, or even at all.
- Perhaps if the day expanded to 48 hours, regular exercise would seem more reasonable. Since that won’t happen, here are some tips to work more exercise into your busy life.
1. **Make it a priority: schedule time in your calendar for the week, and keep it like any other important appointment.**
 - **Make a plan.** What days will you exercise? What will you do? How long?
 - **There are 1,440 minutes in the day. Can you find 30 to exercise?**
 2. **Get an exercise partner.** When you know someone is relying on you, you are less likely to skip your workout.
 3. **Try exercising in the morning.** As the day goes on, many things can happen to derail your plans for an afternoon or evening workout.
 4. **Sign up for a class or a local 5k race.** If you are financially invested, you will be less likely to skip the exercise session.
 5. **Find something you enjoy!** Try something new and exciting. Remember, exercise does not have to be in a gym.
 6. **Squeeze in bursts of exercise throughout your day.** Use a 15-minute work break or 15 minutes of your lunch to walk. Or, use the stairs instead of the elevator...you get the drift.
 7. **Exercise while you watch TV.** Lift weights or use commercial breaks to complete push-ups, sit-ups, or jumping jacks.
 8. **Keep a pair of walking shoes with you (at work, in the car).** This way you can take advantage of any time you have to squeeze in exercise.
 9. **Get your family involved.** Walk or ride bikes after dinner—together!
 10. **Keep track of your exercise to see your progress.**

For more tips on living a healthy life, visit TriWest’s Healthy Living Portal.



Christine Cabalo | Hawaii Marine

Bella Angulo, 9, navigates her topper sailboat in a solo sail during the Summer Sailing Camp held at the Base Marina, Wednesday. During the lesson, students practiced navigating between three buoys as well as sailing around the bay.

SAIL, from B-1

Angulo and others in her class. She said the camp helps her make new friends and builds up her skills for tougher challenges.

“In my first year I learned how to go through a storm,” Jackson said. “It was hard to see because of the swells, but we made it through.”

Although she’s still a beginner, 9-year-old Mary Tyer-Witek said in camp she’s learned how to rig her boat not only in dock but how to fix her boat out in the water. Both she and Angulo said the beginner classes are crucial to new sailboat users since it covers the basics step-by-step.

Although the camp is for children, Bwy said it teaches them lessons that even adult Kaneohe Bay sailboat users can use.

“Wherever your destination, it will take you twice as or end one and a half times as long to get back to the marina because of the wind,” Bwy said.

The lead sailing instructor said Kaneohe Bay is an ideal place for students to learn because of marina instructors and the weather.

“We’re lucky at K-Bay because the winds here are strong and consistent, always coming in from the northeast,” Bwy said. “The winds at other sailing spots like at [Joint Base Pearl Harbor-Hickam] and the Ala Wai are a challenge, with shift

Sail On:

Classes are available for students 8 to 18. Beginners may take the 9 a.m. to noon class and intermediate students can join in 1 to 4 p.m. The next sessions are July 2 to July 13 with a break for Independence Day, July 16 to July 27, and July 30 to Aug. 10.

For more information, call 254-7666.



Cpl. Colby Brown | Hawaii Marine

A Marine Aviation Logistics Squadron 24 player gains possession after a head ball during an intramural soccer game against Patrol Squadron 47 at Pop Warner field, Monday night. VP-47 walked away with the victory over MALS-24, 1-0.

SOCCKER, from B-1

“We just need to stay positive and talk more,” Gibbs said. “The more talking you do on the field the better you play as a team.”

VP-47, who recently returned from deployment, have a tight net group who have

played together for a couple years. Some are on leave, but they look toward playoffs hopeful with a 4-1-1 record.

“We won last year and I hope we can take it this year,” said Justin Glass, a right mid-fielder for VP-47. “I’d say one of biggest attributes is our heart — we like to go after the ball.”

VOLUNTEER, BASE AND COMMUNITY EVENTS

Authentic Lamaze-prepared childbirth class

Authentic Lamaze-prepared childbirth class is now being offered on base. It is a six-week class with starting dates of Aug. 4 and Oct. 19. Also, a specialized “fast track” class series is offered for those families whose spouses are returning from deployment and only have a few weeks before the baby’s birth. For details, call 262-4784.

Rosie Days

Channel your inner Rosie, wear your bandana and jeans and join us for this new series for spouses on July 14, from 7:30 to 9:30 a.m. The next session’s focus is on tires. Students will learn about tire pressure, size and wear information. For safety purposes wear closed toed shoes and long sleeves shirts. Spouses please RSVP with the L.I.N.K.S. trainer at 257-2410.

Volunteers needed for golf tournament fundraiser

Make-A-Wish Hawaii is looking for volunteers to help with a golf tournament fundraiser at Ewa Beach Golf Club, July 20, from 9 a.m. to 6 p.m. Duties include assisting with registration, toy collection, running a putting contest, manning the par 3’s, and tent set up/take down. We have multiple shifts throughout the day, so please contact us! For more information, visit <http://www.hawaii.wish.org>.

Help feed Homeless Keiki Summer Camp-Oahu

Project Hawaii, Inc. is a nonprofit organization that runs an award winning teen mentoring summer camp for homeless keiki. We are seeking volunteers who will help us feed our hungry ones. If you are interested in helping to provide healthy meals and

snacks, please email for a list of items needed. Some items are needed on different dates throughout the summer. (For those who are use to making and preparing the food product, this time we are asking for the ingredients, to allow the teen mentors to make the items.)

Please email the organization for a list of items needed. Choose an item or two to provide, then deliver to the Queen Kapiolani Hotel in Waikiki on the specific date of need. For details, visit <http://www.HelptheHomelessKeiki.org> call 987-6018, or email ProjectHawaiiinc@yahoo.com.

Race down to Kailua for the Lanikai 8K

Time yourself in this race scheduled for July 8 at 7 a.m. and in memory of local hiker Daniel Levey. The course begins in hilly Lanikai, running through the Lanikai bike path before finishing at the Kailua Beach boat ramp. Registration will be accepted on the day of the race, but those racers must arrive by 6:15 a.m.

For more information see <http://www.mprrc.com/raceschedule.html> or register online at <http://www.active.com/running/kailua-hi/lanikai-8k-2012>

DEFY Camp registration

The Provost Marshal’s Office will be holding the annual Drug Education for Youth Camp from July 9-19 from 8 a.m. to 4 p.m. at Bldg. 1095. The camp is free and open to all military I.D. cardholders between the ages of 9-12. For details call 257-8312.

Base Library’s Summer Reading Program

Readers of all ages can sign up to participate in the 2012 Summer Reading Program with the theme “Reading is so Delicious!” happening now and ending on July 21. Register for this popular annual reading program by calling 254-7624.

Honolulu Museum of Art offers free admission to military through Labor Day

Through Labor Day, all active-duty military personnel and their families will receive free admission to The Honolulu Museum of Art.

Free museum admission for this sector of our community will continue through February 24, 2013 in honor of an important exhibition created to recognize service men and women.

Volunteers needed for Sesame Street Presents: The Body

Bishop Museum needs 30 volunteers on July 7, from 8 a.m. to 5 p.m. for its current exhibit, Sesame Street Presents: The Body.

Volunteers are needed to greet guests, answer questions and concerns, assist guests with interactive activities, and more. Volunteers must be patient and comfortable interacting with children. For more information, visit <http://www.bishopmuseum.org>

Country Bands and BBQ Bash

On July 3 from 3 to 10 p.m., there will be a Country Bands and BBQ Bash in the parking lot of Kahuna’s Bar and Grill. For details, visit <http://www.mccshawaii.com>.

Talk Story Camp 2012

Talk Story Camp is back by popular demand at Kualoa Park Camp from July 20-22.

The event includes daytime storytelling workshops, canoe/ocean sessions, good food, evening concerts and more on the beach below the Kualoa Mountains. For more information about the camp see <http://www.talkstorycamp.com> or send an email to jeffgere@lava.com

MARINE MAKEPONO [Hawaiian for ‘bargains’]

Washer and Dryer for sale. Maytag Performa brand. Selling both for \$200. Excellent condition, no rust, white and sold as is. Both are oversize capacity plus and quiet series. All plugs and hoses included. For more information, call 744-1129.

Car for sale. Selling 2003 Black G35 Infiniti. Handles well, includes 15-inch sub with two amps, custom rims. Will trade for a truck. \$10,500. Call or text, 251-422-0295.

Digital accessories for sale. iPad dual photo connector docks, USB & SD. Apple Store product MC531ZM/A. Brand new, still in box. \$20. Call 520-204-0144 for more information.


Skim board/shore board for sale. Made out of wood. \$10 or best offer. For details, call 520-204-0144.


New shoes for sale. Two pairs of Kenneth Cole Reaction Women’s Hip Pop Sandal. Open-toe and ankle strap wedge heel. Never worn, available in black and brown colors in size 8.5 M. Previously sold out in online retailers. Retail for \$55 or more, or will take best offer. For details, call 257-8837.

Coffee table and matching end table for sale. Made of solid oak, natural wood finish. Lightweight but very sturdy. Excellent condition. \$35 for both. Call 520-204-0144.

If you would like to sell, buy or trade something in the Marine Makepono section of the Hawaii Marine, fill out a form available at the Marine Corps Base Hawaii Public Affairs Office in Building 216, Room 19. Please have your Military ID and a short write-up of what you’d like to run. You can fill out the form on the spot or return it to the office later. Emails, faxes and telephone calls are not accepted for Makepono classified ads. Marine Makepono may only be used by active duty, reserve, retirees or their immediate families.

ENVIRONMENTAL CORNER





A golf course bordering sacred ground

It's summer and a great time for outdoor sports! For golfers, our Kaneohe Klipper Golf Course is a beautiful scenic site along the Mokapu Peninsula sand dunes. It's also a culturally-sensitive site and sacred to native Hawaiians. About 700 years ago Hawaiians lived along these sand dunes, fishing and raising their families. When loved ones died they were buried in unmarked graves in the sand, its location known only to the family for protection. Today the Kaneohe Klipper Golf Course borders this ancient burial ground. MCB Hawaii is serious about protecting this and other archaeological sites under federal and state law. Desecrating it, as with all cemeteries is a violation of the law. We enlist your kokua (help) to protect it. Keep golf carts on designated paths and do not enter environmentally sensitive areas marked by red stakes with green tops. Retrieving golf balls in those marked areas violates the law and desecrates these burial grounds. Be respectful. It's a small price to pay for something that means so much to another's family. For more information contact the golf course at 254-1745/2107 or the Environmental Compliance and Protection Department's cultural resources managers at 257-7126/7134.

Got health? Health and wellness fair comes to K-Bay



Photos by Kristen Wong | Hawaii Marine

[From left to right], Cy Nomura, a cook from The Officers’ Club prepares salad while Lance Cpl. Kyle Kumhall, radio repairman, Combat Logistics Battalion 3, Sgt. Joseph Nordone, optics technician, CLB-3, and Lance Cpl. Joseph Bixler, tank mechanic, CLB-3, sample the salad. The annual Health and Wellness Fair was held at Mokapu Mall, Wednesday, featuring various organizations and vendors providing information and product samples for health and wellness.



Julianna Santana and her husband chat with Jazmen Jackson, an intern at the Health Promotion Program, during the Health and Wellness Fair, at Mokapu Mall, Wednesday. Service members and civilians visited the fair, where they were able to sample food and chat with vendors and representatives from organizations on base. The fair was also held at Camp H.M. Smith the previous week.